



## Health and Human Services Agency

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### BEHAVIORAL HEALTH DEPARTMENT

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## NEVADA COUNTY BOARD OF SUPERVISORS

### Board Agenda Memo

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**MEETING DATE:** June 24, 2025

**TO:** Board of Supervisors

**FROM:** Phebe Bell

**SUBJECT:** Resolution approving execution of a renewal contract with FREED Independent Living Center, DBA FREED, for services related to the “Friendly Visitor” and PEARLS Program, in the maximum amount of \$71,404, for the term of July 1, 2025, through June 30, 2026.

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**RECOMMENDATION:** Approve the attached Resolution.

**FUNDING:** Services are funded by Mental Health Services Act (MHSA) monies made available to Nevada County for the PEI (Prevention and Early Intervention) component of Nevada County’s MHSA Plan. PEI funding is intended to support strategies to help identify and increase prevention efforts and responses to early signs of emotional and behavioral health problems among specific at-risk populations. Services are included in the Department’s fiscal year 2025/26 budget, and there are no county general fund dollars required in the agreement.

**BACKGROUND:** FREED Center for Independent Living (FREED) supports independent living for adults with disabilities and older adults. Under this agreement, FREED operates the Friendly Visitor program, which provides trained volunteers to visit isolated seniors or adults with disabilities. Additionally, this agreement supports the Program to Encourage Active, Rewarding Lives (PEARLS), an evidence-based program to support seniors who have screened for being at risk for moderate to severe depression. PEARLS aims to reduce symptoms of depression and suicidal ideation and improve quality of life through problem-solving treatment, social and physical activation, and pleasant-activity scheduling delivered across six to eight 50-minute sessions in the individual’s home or other community setting.

It is recommended that the Board approve this contract, as it builds community capacity and collaboration for providing mental health intervention and addressing existing and emerging problems in the County’s older adults and population of adults with disabilities.

**Approved by:** Phebe Bell, Behavioral Health Director